

Serves: 4

Vegetarian Wrap

Ingredients

- Tortilla wrap 4 slices
- Bottled pizza sauce 80g
- Marinated capsicums 160g
- Pitted olives 40g
- Processed mozzarella cheese 40g

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use fresh ingredients, herbs and spices or low sodium seasonings as flavour enhancers.
- Milk and dairy products provide calcium which is essential for healthy bone growth and development.

Method

- Spread pizza sauce on tortilla.
- Line with marinated capsicums and olives, top with mozzarella.
- Roll into a wrap, then bake in pre-heated oven at 250°C for 7 minutes.
- Serve hot.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 159kcal
Protein 6.2g
Total fat (g and % of total calories)
5.4g (30.3%)
Saturated fat 1.9g
Cholesterol 5mg
Carbohydrate 21.7g
Dietary Fibre 2.4g
Sodium 401mg

